

There are a lot of questions families have about Type 1 diabetes and COVID 19. Below are some resources and other information to help with your family's decisions regarding school, sports, daycare and other situations.

Please review this information. If your questions are not answered, please consider scheduling a telemedicine visit with a nurse practitioner or one of our certified diabetes educators.

## General tips

- Wash hands regularly, follow CDC guidelines regarding mask use and distancing
- Work to keep blood sugars as close to target as possible as much as possible
- If a person with diabetes gets sick, follow sick day guidelines!
  - <https://psvcare.org/sites/default/files/documents/WhenYouAreSick.pdf>
  - [https://psvcare.org/sites/default/files/documents/EndoMiniDoseGlucagon\\_01%2028%2016.pdf](https://psvcare.org/sites/default/files/documents/EndoMiniDoseGlucagon_01%2028%2016.pdf)
- Children with type 1 diabetes can attend school/daycare, participate in sports, dance, Girl Scouts, Boy Scouts and other activities.
  - We encourage everyone to follow safety guidelines regarding hand hygiene, mask use and distancing
  - Staying active helps us all stay healthy!

Please visit the links below for more information:

<https://professional.diabetes.org/content-page/covid-19-impact-youth-diabetes-families-quarantine> -

<https://www.diabetes.org/coronavirus-covid-19>

[https://www.jdrf.org/coronavirus/?mkt\\_tok=eyJpIjoiTWprMk1XWXpaREUxTldNMSIsInQiOiJYc0hxWGpidFNxWmhVbnhHaXd4ZTVVSVXN5eHBrYVRIYVwva3R4TDZZbE5Zdys1REVyck9BTzc1MG9nVnhpZVBHhZQORPNnZXZDBtOGNTKzdGQVFCT1BuOFwvWGI0YVR0RzZGZ1VVcDc5d2VjVTIKVjE1bHQwd3VdaW5VMXJqOWtNln0%3D](https://www.jdrf.org/coronavirus/?mkt_tok=eyJpIjoiTWprMk1XWXpaREUxTldNMSIsInQiOiJYc0hxWGpidFNxWmhVbnhHaXd4ZTVVSVXN5eHBrYVRIYVwva3R4TDZZbE5Zdys1REVyck9BTzc1MG9nVnhpZVBHhZQORPNnZXZDBtOGNTKzdGQVFCT1BuOFwvWGI0YVR0RzZGZ1VVcDc5d2VjVTIKVjE1bHQwd3VdaW5VMXJqOWtNln0%3D)

[https://diatribe.org/coping-covid-19-part-1-eating-meds-and-activity?utm\\_source=diaTribe&utm\\_campaign=ad3a8b9595-EMAIL\\_CAMPAIGN\\_2020\\_04\\_24\\_08\\_30&utm\\_medium=email&utm\\_term=0\\_22467a8528-ad3a8b9595-150318993](https://diatribe.org/coping-covid-19-part-1-eating-meds-and-activity?utm_source=diaTribe&utm_campaign=ad3a8b9595-EMAIL_CAMPAIGN_2020_04_24_08_30&utm_medium=email&utm_term=0_22467a8528-ad3a8b9595-150318993)